

PHYSICAL EDUCATION

CURRICULUM INTENT



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy

We have tailored our curriculum to educate pupils on the importance of both physical and mental health. We develop pupil's understanding of what being “Healthy and Active” is and on the importance of leading a healthy and active lifestyle. Our curriculum allows pupils to consider topical issues such as mindfulness, diet, sleep, screen time versus activity time and how these all contribute to overall wellbeing. This encourages pupils to lead healthy, active lives when they leave Toot Hill whilst being able to make a positive contribution to society.

Physical activity is utilised in a way that pupils are able to develop holistically, allowing them to become resilient, confident, curious and active young people. Key character traits are regularly considered as part of our aim to promote wellbeing which in turn, will support them as young people in the community and beyond. Our holistic and inclusive approach is well suited to meet the contemporary demands of society whilst allowing pupils to recognise and appreciate the benefits of taking part in physical activity and competitive sport as part of a healthy and active lifestyle.

The traditional values of PE remain at the heart of our provision. We enable all pupils to be active and to recognise the benefits of exercise. We empower our students to show sportsmanship and respect toward to rules, regulations and others. We highlight the importance of being independent, but also promote the benefits of being an effective team player. Pupils learn and acquire the basics skills required to participate in a variety of sports and this provides a strong foundation for pupils to develop a greater understanding and knowledge of individual or team sports. Pupils are encouraged to transfer and apply knowledge between different sports and exercises to strengthen their understanding. More complex skills are regularly considered so that the most able students are able to build upon and achieve mastery in a variety of sporting activities.

Whilst participation is at the heart of our curriculum, sporting excellence is equally recognised and actively encouraged in PE.

Through enrichment activities, we engage as many pupils as possible in competitive sport and recreational exercise. Our curriculum has been designed so that pupils are able to access a wide breadth of sporting activities. There are numerous opportunities for pupils to compete in a variety of sports at local, regional and national level. We maintain strong links with the local community and encourage all pupils to engage in physical activities that are on offer.